



ISSUE 22

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TO SEEK TO SERVE TO STRIVE

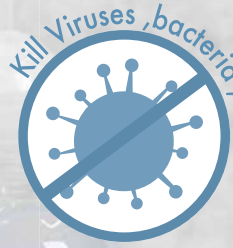
Feature Story:

RCHK alumni help donate masks to Yale New Haven Hospital with incredible international group effort



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From the Principal's Desk

Dear RCHK Family,

Happy Holidays!

It's that time of the year again when we get to share with you and the community much of what has been taking place on and off the campus this term. It also gives us an opportunity to profile certain elements of what our students are doing now and even after they have graduated.

The Covid-19 pandemic this year has forced all of us to behave differently; including everything from group gatherings to air travel. One of the newest safety routines is the daily wearing of face masks to prevent the transmission of the virus. Our feature story this edition highlights the successful international collaboration between our alumnus currently attending Yale, the RCHK community, and Lutheran Student Group at Yale to donate masks to the Yale New Haven Hospital this spring. More masks were donated to underprivileged children across Asia thanks to a student-led campaign called "Colour Away Covid." You'll read in our Leadership and Service section that RCHK's participation in this initiative was led by a dynamic duo of the Rotary Club of Hong Kong Island East and a student now in Year 13.



RCHK has been in operation for almost 14 years which means that our inaugural graduation cohorts are alumni of university and serving in many different capacities here in Hong Kong and abroad. For the past several years, the local government has offered the Hong Kong Scheme for Excellence Scholarship which provides full tuition to qualified students studying abroad. Please enjoy reading about the latest recipients from RCHK in our Alumni and Community Section.

Pandemic or not - the Terry Fox Run continued! Renamed "Foxtober" at RCHK, the run was held virtually this year with substantial participation across the city. We've sadly had to forgo many of the annual events we have during Term 1 including the College Fair, World of Work, CAS trips, and theatrical productions, but what we have been able to host has been accomplished with tenacity, pride and passion.

Thank you for your continued support of the faculty and staff who work with you to make the learning experiences at RCHK the finest for your children and your young adults.

Best wishes and kind regards,

Dr. Harry Brown
Principal



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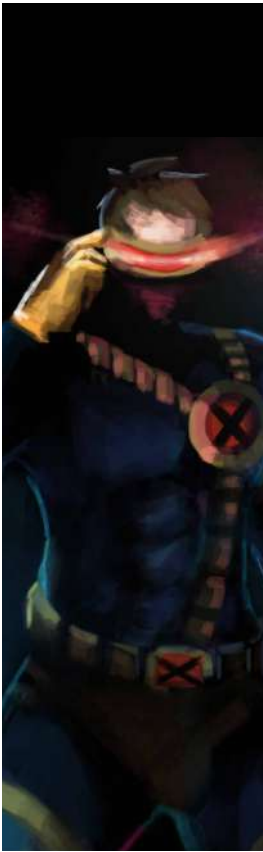
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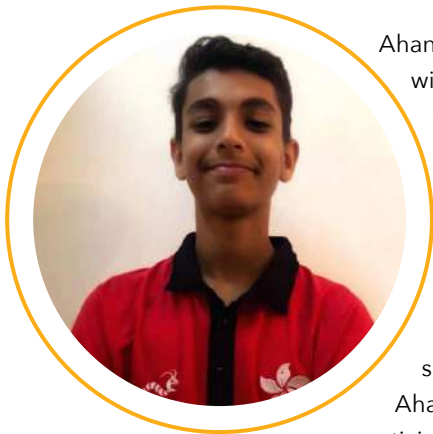
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Newsmakers

Ahan Trivedi

Year 12



Ahan started playing cricket at the age of 7 at Kowloon Cricket Club (KCC). He has been with the KCC continuously ever since, which is 10 years now.

Climbing up the junior ranks, he made his Men's Premier League debut earlier this year in October, becoming the youngest member of the KCC. Prior to this, he was awarded the U17 Player of the Year for the 2019-20 season. In the Premier League, Ahan made history becoming the first bowler ever to take three wickets off the first three balls he bowled. On an international level, Ahan represented Hong Kong in junior U-13 and the U-16 games, including two U-16 tournaments in China and Thailand. He is also currently an all-rounder and shortlisted in the Hong Kong U-19 squad.

Ahan enjoys playing cricket both professionally and socially - from time to time he is participating in social and school games. As a cricketer he loves all the stages of the game - bowling, batting and fielding.

What has been an important lesson in life for Ahan that he learned from playing cricket is the five qualities of the game: focus, persistence, channeling emotion, willpower and self-belief in his daily life.

Ambrose Chan

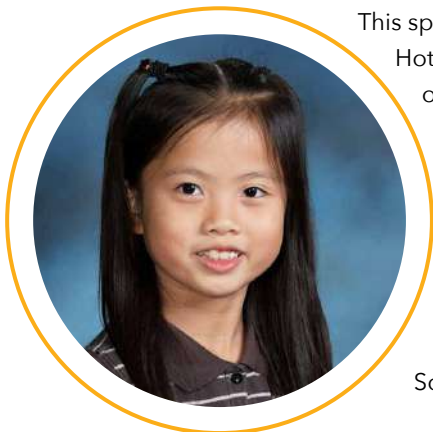
Year 2

Warm congratulations to Ambrose, whose original painting entitled "Cable Car" won Honorable prizes (Western Painting, Child Group A) in the 2019-2020 My Brilliant Kids (MYBK) International Children's Art Competition, and the 2020 The Children's Fantasy World Painting Competition this past fall. Ambrose used his painting to express one of his favorite moments travelling on the cable car ride on the Ngong Ping 360 - his work is colorful and full of creativity. Ambrose was influenced by his sister Cheryl Chan in Year 5 (also featured in this section) to develop interest in drawing and painting outside of school, and this is his first time participating in an art competition. We look forward to future creations from you Ambrose!



Eunice Tang

Year 5



This spring when Eunice was in Year 4, she created a very successful pitch for a "Dream Hotel" as part of the "How We Organise Ourselves" business unit activity. With the help of her family, Eunice takes us through how guests can relax in her "hotel" and the "website" they can visit to book a stay.

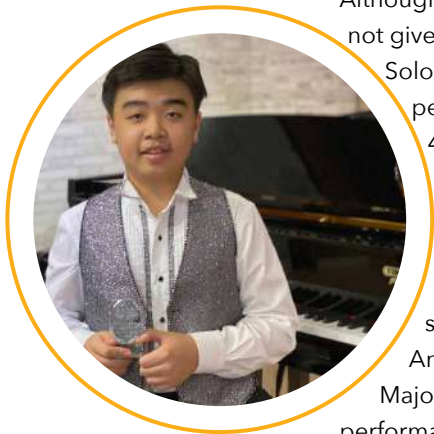
"I enjoyed this activity because I really liked making my business," says Eunice. "In the future, I would like to make a business and make it successful just like my Dream Hotel. I wonder when I am older will I be able to make a real Dream Hotel? Hopefully."

Scan the QR code below to check out the video. Keep dreaming BIG Eunice!



Angus Yip

Year 11



Although 2020 is a difficult and challenging year in many different parts of the world, Angus has not given up his learning path in music. In April, he was awarded the 2nd runner-up in Piano Solo of Hong Kong Online Music Festival 2020 organised by Tom Lee Music Academy. In his performance video, he performed the Composer of the Year Piece, "Sonata Op. 2 No. 1, 4th movement - Prestissimo" by Ludwig van Beethoven.

In June, he passed the Yamaha Teachers Performance Examination in Piano Grade 5. This examination is comprehensive and professional for achieving the teachers qualification in piano performance. It includes not only the compulsory piece, free selection pieces, sight playing but also improvisation. This year is the second year for Angus to study the Junior Music Course of The Hong Kong Academy for Performing Arts, Major in Composition and Computer Music Technology. In August, based on his outstanding performance and contribution to the Academy, he had been awarded a remission to offset his tuition fee.

The last but not least, in September, Angus was awarded by Trinity College London the ATCL qualification with Distinction in Piano Performance. This performance diploma is equivalent in standard to the first year recital of an undergraduate degree. It is an advanced performance award which fully reflects the musician up to a professional standard of performance and musical understanding. It provides a pathway to professional musicianship, focusing exclusively on the planning and performance of a recital. Well done, Angus! Congratulations for all you have done this year and keep up your good work. RCHK community and your parents are very proud of the efforts you put in your music learning!

Veronica and Aidan Chik

Years 1 and 5

This amazing sibling duo recently distinguished themselves at the 領展盃朗誦比賽 Chinese Speech Competition, held on Sunday 15 November 2020 at Hong Kong Cultural Centre, Tsim Sha Tsui. They took home four awards each! Warm congratulations to them both from all of us at RCHK.

Veronica Chik received:

1) 普通話朗誦多才多藝獎

The most versatile speech award

2) 冠軍 champion on P1-2 普通話繞口令組

3) 亞軍 1st runner up on P1-2 普通話繞口令組

4) 亞軍 1st runner up on P1-2 普通話古詩組

Aidan Chik received:

1) 普通話朗誦多才多藝獎

The most versatile speech award

2) 冠軍 champion on P5-6 普通話繞口令組

3) 亞軍 1st runner up on P5-6 普通話兒歌組

4) 季軍 2nd runner up on P5-6 普通話古詩組



Cheryl Chan

Year 5



We are happy to share some news about achievement in the art world - Cheryl Chan won the first runner-up prize in the 2019-2020 My Brilliant Kids (MYBK) International Children's Art Competition and Silver Prize in the 2020 The Children's Fantasy World Painting Competition this past fall! Both trophies were awarded in Western Painting categories! In her winning drawing, Cheryl has created a colorful "Kingdom of Candies" with many original characters based on her imagination.

Cheryl is passionate about drawing and art and for this reason she has been attending drawing after-school drawing classes since she was 5 years old.

Congratulations to Cheryl for another piece of great work and for inspiring her brother to follow her path.

Leadership and Service

RCHK Year 13 student partners with local Rotary chapter to help donate masks to underprivileged children across Asia

By Taylor Chung, Year 13 and Stacy Ho, member and past president of Rotary Club of Hong Kong Island East

Earlier this year, a group of students across the ESF community launched "Colour Away Covid" (CAC); an ambitious campaign to bring thousands of custom masks to underprivileged children across Asia. Working together, they achieved the impossible - successfully sending 65,000 masks featuring an incredible winning custom design by 15-year-old Soriano Yarra Danielle San Felipe from HKMA David Li Kwok Po College at the end of October - through the partnership of a number of NGOs.



Proudly representing RCHK in these efforts was our Year 13 student Taylor Chung, who successfully brought in the Rotary Club of Hong Kong Island East who helped provide the funding to see this project through to the very end. Rotary members also helped CAC pack the masks for shipment as well as write thank you notes to sponsors on campus in the Performing Arts Centre (PAC) on Saturday 3 October 2020. Taylor shares below his experience of being a part of this incredible initiative.

"Back in May 2020 when I first heard about CAC, I thought there was no way a team of students could donate initially 10,000 custom masks to children across Asia. I believed that we'd only end up donating 5,000 masks if we were lucky. However, after half a year of hard work, it is amazing to see what our team achieved and how far we've come together through service.

When I joined CAC, I was assigned to co-lead the Sponsorships Team. Little did I know that it would comprise two people: Keisho (my co-leader partner, ESF Island School alumni currently enrolled at New York University) and myself. Together, we set a goal of raising at least HK\$30,000. We began developing pitch decks before we asked companies, clubs and charities for their support. We faced considerable difficulty during the initial stages of fundraising and many groups turned us down, stating that they would have loved to work with us pre-COVID, but were struggling to remain afloat, with little resources left to spare. For me, experiencing this constant rejection was demotivating - it made me feel like despite our hard work, we were letting the team down because we didn't have enough money to print the masks. However, the experience was also an important one because it strengthened my resilience whilst helping me condense and refine our pitch so that it had a stronger appeal. It showed me that hunting for opportunities was a difficult process, and that a tailor-made approach was necessary for each one! Furthermore, it reminded me that we aren't always going to be successful, and that despite facing difficulties we can all find our own way to serve one another - even if we aren't on the frontlines, we can still make a difference through our actions.



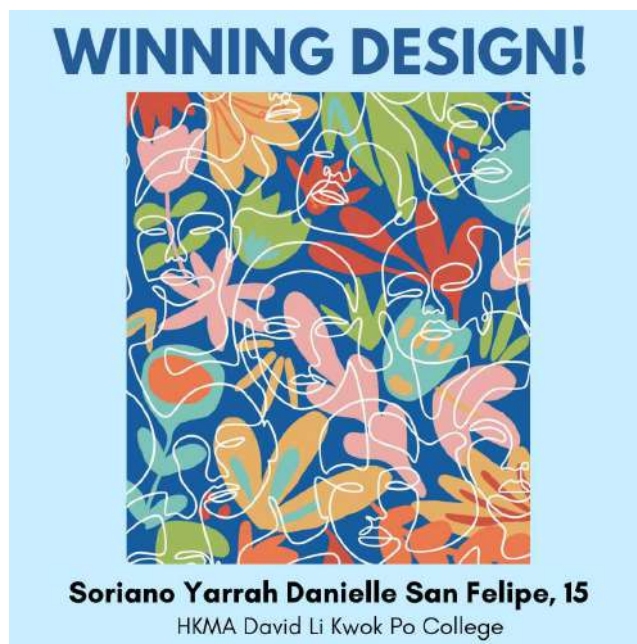
I also learnt to never give up even when opportunities feel hopeless because there is always support around. The whole CAC team never gave up on our fundraising - we sold shirts, organised an online seminar, and even hosted a virtual concert! (*Editor's note: check out all these things on the CAC Facebook page @colour.away.covid*). I reached out to my mentor Ms. Stacy Ho, who is a member and past President of the Rotary Club of Hong Kong Island East. Rotary International is a prestigious worldwide charitable organisation, and the members of this local chapter were extremely helpful, meeting with us on a regular basis to hear us practice and to help refine our pitch.

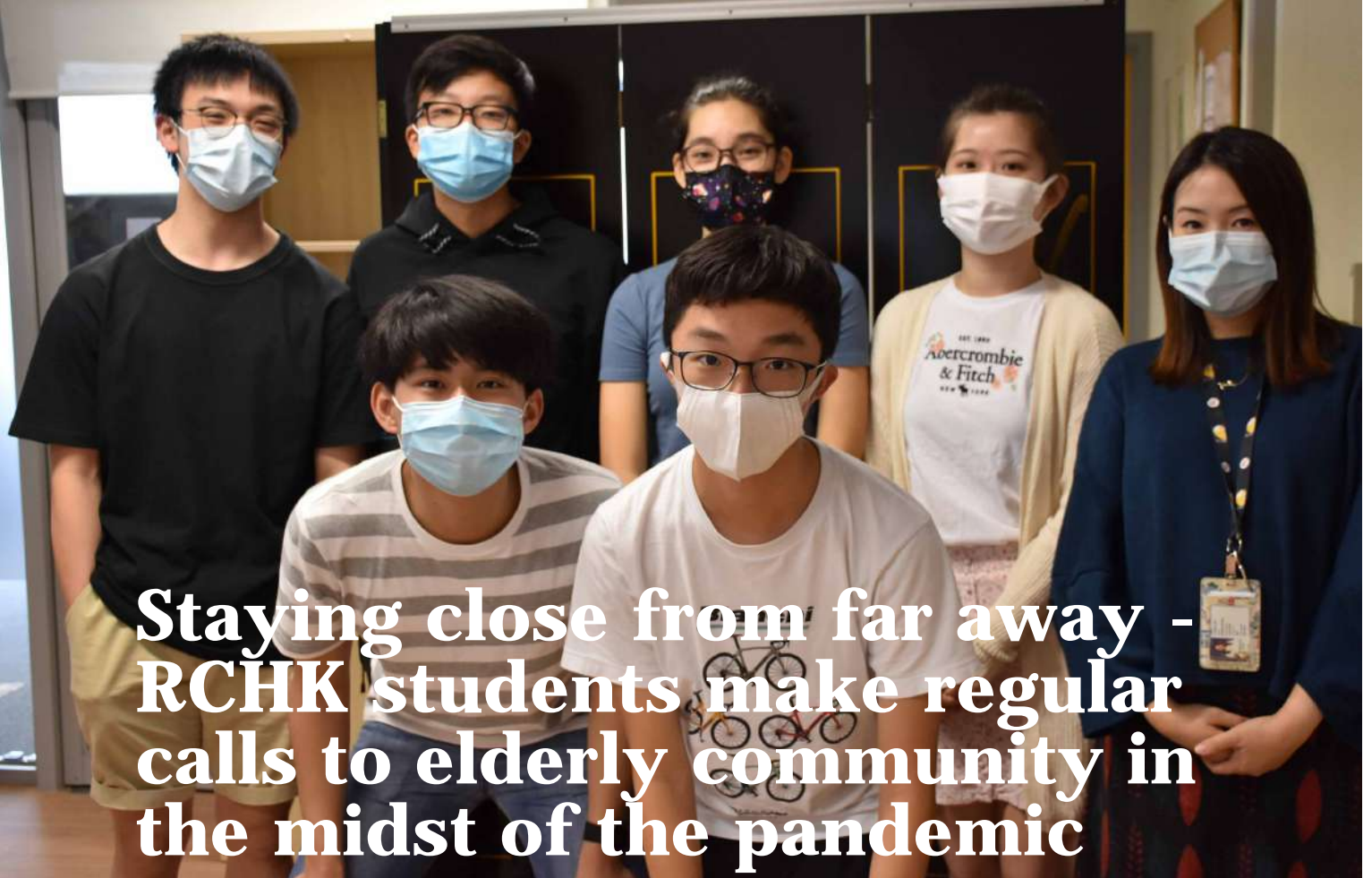
Finally, I'd like to thank YOU! As a team, we're extremely grateful to the RCHK, ESF and greater Hong Kong community for your support! Your encouraging words, Instagram stories and donations made a huge difference during our campaign! Without you, we wouldn't have been able to make such a large impact. Thank you for helping us raise HK\$120,000, and donate 65,000 surgical masks - 55,000 more than our original goal! And finally, remember: #MaskOnCovidGone!"

Stacy Ho also contributed her experience being a mentor to Taylor and helping bring Rotary Club of Hong Kong Island East in for this project.

"I was a guest speaker on the topic of Community Service for a class of RCHK Grade 12 students in the fall of 2019. I was utterly impressed when one of the students walked up to me and asked if I could be his mentor! The sheer fact that Taylor recognises the importance of a mentor is praiseworthy. In June 2020, Taylor approached me for advice and feedback on Colour Away Covid. In our initial meeting, I appreciated how much effort and thoughtfulness he and his team put into designing the pitch deck. They did a good job at seeking donations in-kind, however by late July they raised only HK\$36,000 - meaning CAC still had not successfully roped in a high-ticket cash sponsor and it was looking like CAC would not be able to hit their initial target. It was absolutely heartbreaking seeing Taylor and Keisho being turned down by corporate sponsors. So, the Rotary Club of Hong Kong Island East sponsored HK\$40,000. We hoped that our donation would be the catalyst for further donors- and it was! We were so impressed how in a compressed time of three weeks, Taylor and his team fundraised an additional HK\$44,000! Yay!

I appreciate how Taylor fervently steps into his faith. He has inspired me to do the same. Taylor has such a welcoming personality and he never complains. He is genuine and I know that he is destined for greatness! From my experience of working with Taylor, I am fully convinced that RCHK is an amazing school that cultivates character and leadership."





Staying close from far away - RCHK students make regular calls to elderly community in the midst of the pandemic

By Ryan Tse and Ines Lau Vazquez

One of the biggest challenges this year has brought is how to stay close and connected with the elderly in our local community while not putting them at risk. Working in partnership with the Christian Family Service Centre (CSFC), our RCHK Social Worker Angela Lee introduced a meaningful long-term service opportunity for Secondary students to do “care call sessions”, talking to elderly community members in Cantonese on the phone every two weeks over a period of three months (six sessions) after an appropriate training period. Upon completion of the programme, student volunteers would create an e-album as a gift for their assigned caller, reflecting on everything they have learned from them during their chats.

Our Year 12 students Ryan Tse and Inez Lau Vazquez took some time to reflect on their experience volunteering in this programme, and everything they learned from their matched elderlies who both seem very young at heart!



Ryan Tse

“For the past few weeks, I have been calling an 80-year-old elderly man who sounds like he’s 60. Full of vigour, extremely talkative, and updates me on how he got a discount on the latest LG smartphone.

These 45-minute calls every fortnight usually starts with me saying: ‘Hi, I’m Ryan, a Christian Family Service Centre volunteer and I’m here to chat with you! (In Cantonese)’ He would then respond: ‘Hey Ryan my day was great!’ before he starts rambling for 20 minutes nonstop (in a good way), while I try to jot down everything he says quickly in crooked Chinese handwriting.

For every call we have a topic. Our first was about self-introductions and current life updates, then it moved on to subjects related to hometowns, adulthood and childhood. For some reason he has managed to link every single one to an underlying moral. On the first day he told me, ‘Even though I don’t know you I’m going to treat you like my grandson,’ and from then on, I learnt a new life lesson every single fortnight. For my first call it was 「少壯不努力，老大徒傷悲」 (A person who does not work hard in his youth will regret it when they grow old), and for my last call two weeks ago, it was 「一分耕耘，一分收穫」 (No pain no gain).

Apart from life lessons though, I also learnt new things about the history of Hong Kong. I’ve learnt that people used to work for 12 hours a day, sometimes even 15 hours a day, and most people when they start turning 16 would work during the daytime and attend night school in the evening. I’ve learnt that when Hong Kong underwent a water crisis during the 1960s, people used to buy empty oil barrels so that they could fill up water during the three hours they got daily at certain collection points. I’ve also learnt that back in mainland China, where people used to be extremely poor, families made clothes by cutting off cloth used to wrap parcels sent from Hong Kong.

It is certainly very surprising and interesting getting to know all of this from him, because from previous experiences serving elders, I always found it difficult to find common topics to discuss since the generation gap seemed simply too large. For this service though, talking to him instead seemed like talking to my Dad, and I’m so grateful to have this opportunity to speak to elders during a time when socialising is harder than ever to achieve.

In the end, as he continues to live with his lovely family, with diabetes (unfortunately) and a cataract on his right eye, I hope that through this opportunity I’m able to continue to be small part of making his life a little better and happier, one small step at a time. I’m confident that he is one of the sweetest people I’ve ever ‘met’ in my entire life.”



From left to right: RCHK Social Worker Angela Lee, Care Call volunteers Alexis Lo (Year 13), Year 12 students Keith Man, Ryan Tse, Ines Lau Vazquez, Cecil Cheung, and Angus Ng (Year 13)

Ines Lau Vazquez

"Initially, I signed up for the Elderly Care Call service because I found it to be a meaningful opportunity. The aim was to provide emotional companionship and assistance through calls to elderly citizens in Hong Kong who have been heavily impacted by the events of this year.

I was assigned to an 80-year-old elderly lady who lives by herself in a public housing unit. Her children live in China and rarely visit, and due to the pandemic the elderly centre near her home had been closed for months, which made her very sad and lonely because she couldn't see her friends. Through my calls with her, I was able to keep her company and give her some comfort during these challenging times. She was very sweet with me and would always ask about my academics and my mental health, and expressed interest in what I had to say about my hobbies, hopes and reflections.

Each week, we were assigned a topic: We began with self-introductions and moved on to topics such as childhood, hometowns and the development of Hong Kong. As she recounted more details of her difficult past, she always emphasised the importance of appreciating the world we live in now. Advanced technology, the Internet, transportation and improvements in human rights has drastically changed the livelihoods of citizens around the world, and opened us up to opportunities that people back in her day could never have dreamed of. I learnt about life in the 60s and 70s in Hong Kong, for instance a bun used to cost two or three cents and a lunch five or six cents, which seems unimaginable now! She also told me about the water crisis in Hong Kong during the 60s, and how people, young and old, would line up for hours carrying huge buckets or barrels with which to collect water.

I really enjoyed and looked forward to our fruitful conversations, and I almost felt like I was reconnecting with an old friend. I have definitely developed a very close connection with my elderly lady, and I am grateful to have had the opportunity to give her some comfort and companionship during these challenging times."

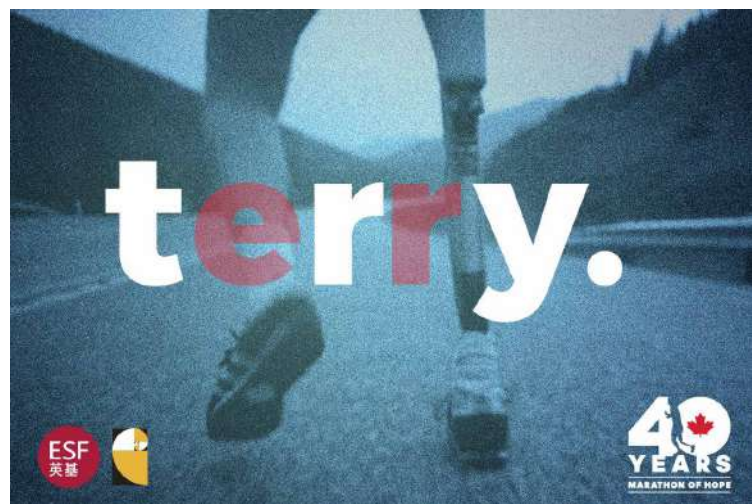
Terry Fox's Marathon of Hope lives on at RCHK with Foxtober challenge!

By James Schulz, Year 2 Teacher and Event Coordinator

Well, we did it! As a community, the RCHK students, families, teachers and staff accumulated 4811.5 kilometers and raised HK\$15,896 in the process for cancer research in Hong Kong! And all during the month of October 2020 in our very special launch of Foxtober! We would like to take this opportunity to sincerely thank everybody for all of their time, effort and generosity. In such a challenging time, it was wonderful to be able to come together as a community and have some fun, all for a great cause.

While we weren't able to get out and run as a group, we still did our best to get moving for a great cause! During Foxtober, the RCHK community worked together to try and accumulate as many kilometers as possible to try and Get Terry Fox To Hong Kong! We did this through a friendly competition amongst our four Houses: Ming, Qing, Song, and Tang. We also invited our community to use the Strava App over the October fall break to join their child's House team and contribute to our total kilometers by running, walking, hiking or swimming.

The Terry Fox Virtual Community Run, which kicked off on Saturday 7 November, continued the work we started during Foxtober. Similar to our school event, our community event (ongoing at the time of publication) asked participants to use the Move by LIV3LY app to calculate the total kilometers they have completed during the four-week-long event to continue to raise engagement, awareness, and much needed funds. For more information, please visit the Terry Fox Run Hong Kong website at <https://terryfox.org/hongkong/>.



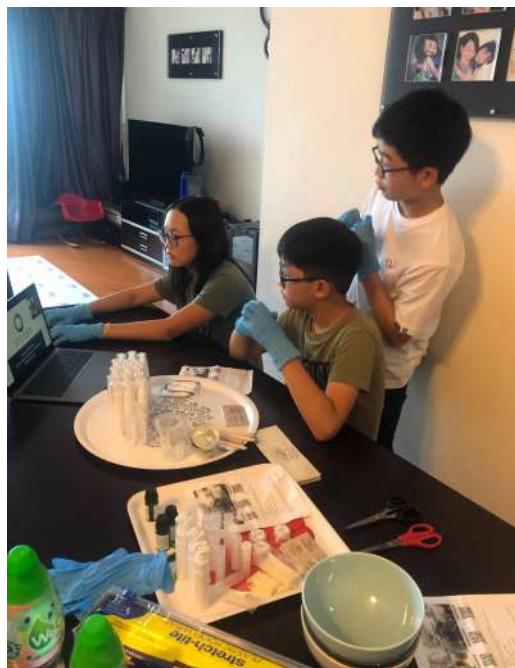
Hand in hand with HandsOn Hong Kong in making sanitary products for elderly

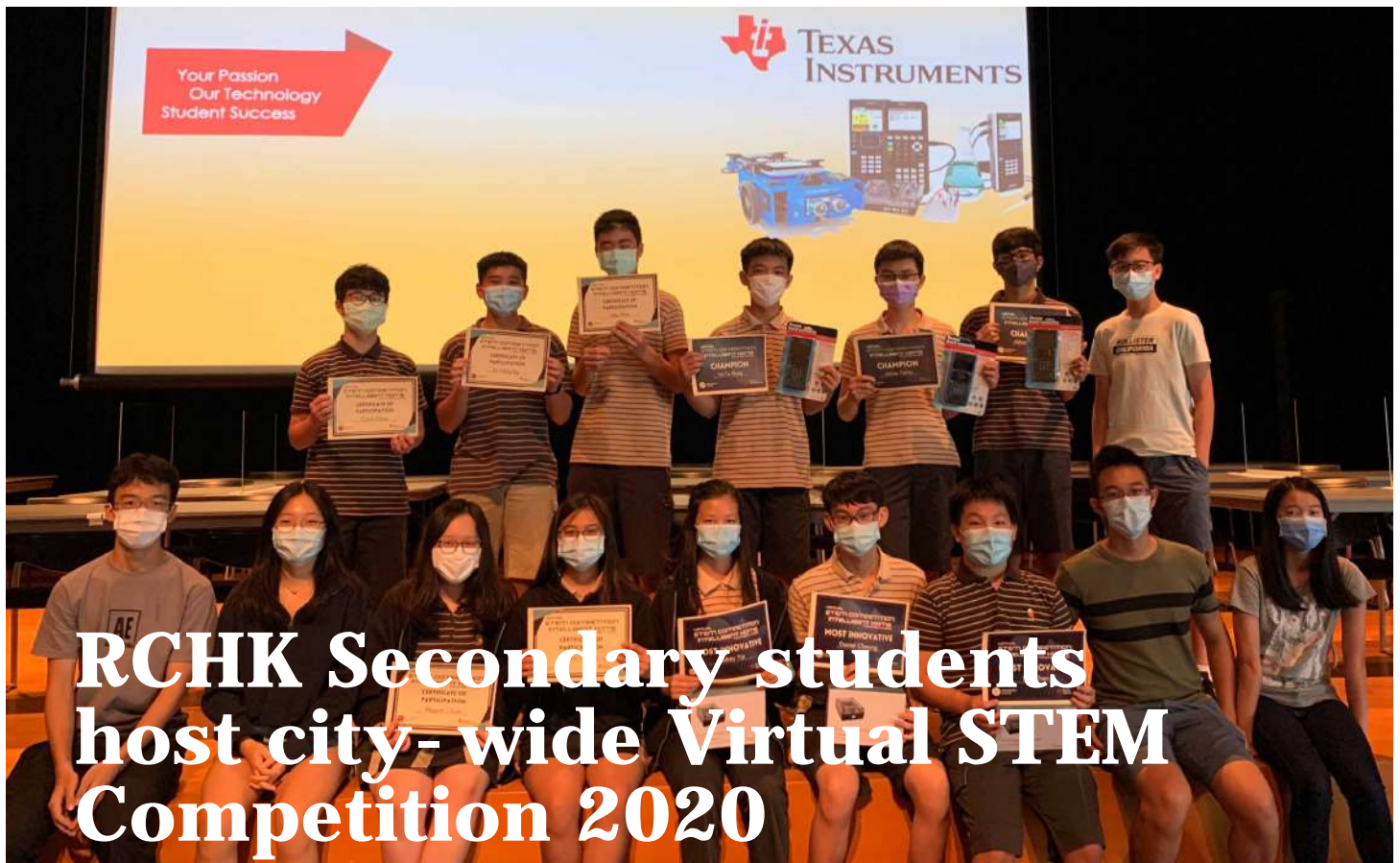
By Audrey Mah, RAPT co-chair

On Saturday 26 September 2020, Kaela and Kal-el Chow participated in a project partnering with HandsOn Hong Kong and the American Club Foundation to make hand sanitizers and hand cream. The aim was to deliver these products to the elderly in Hong Kong, so they are able to protect themselves during the pandemic.

Using acquired materials from the charity, they followed instructions given via Zoom and made the hand sanitizers and hand cream gift packs with the affixed hand-written notes. In the process of making the hand cream, there were few bumps, but they eventually bounced back and started getting back on their feet. There were interesting yet unique experiences they have gone through such as melting the wax (pictured shown on the right), and turning it into a lip balm. In the end, it was incredibly successful as the elderly were thankful for what they received.

The most satisfying part of the entire experience for both Kaela and Ka-el was seeing everyone's smiling faces and feeling a sense of gratification that they had contributed to society this way. Whether it's a big or a small action, every step is predominant, and they hope to participate in any future voluntary services thus inviting more RCHK students to get involved in similar voluntary causes.





RCHK Secondary students host city-wide Virtual STEM Competition 2020

By Shobha Sanker, Math Teacher

On Saturday 14 November 2020, RCHK Year 10 and 11 students along with over 60 other participants from schools across Hong Kong participated in the Virtual STEM Competition! In teams of three, students worked together to build a home security system for a Lego structure using python code, incorporating features such as opening and closing a door, lamp and alarm. Students were also encouraged to add enhancements and to present the entire process in a final presentation.

Four online workshops were hosted by our Year 12 student organisers Angus Leung, Aaron Zheng, Eugenia Tong, Grace Chong and Joshua Tsang along with coding experts. These workshops taught students the fundamentals of how to use python code, allowing them to utilise their learnt skills when manipulating the home security system. This also provided the foundational knowledge for possible additions, such as password encryption or backup security system, both of which were featured in many of the groups' final presentations.

Special guests included Dr. Harry Brown, who gave the opening speech online, and Frederick Fotsch, STEM Education Manager for Texas Instruments, who asked questions of each team and provided support as well as the closing speech. Mr. Fotsch was one of the programmers of the calculator the students used over the course of the project.

Participants: Year 11 students Abhinav Khanna, James Tsang, Yin To Wong, Tin Hang Ng, Cavis Chan, Max Wan, Megan Chan, Cheryl Wong, Maki Flauta, Year 10 students Daniel Cheung, Audrey Yip, Leo Chen

Champions: Abhinav Khanna, James Tsang, Yin To Wong.

Innovative Awards: Daniel Cheung, Audrey Yip, and Leo Chen won the Ti Innovator hub

The champions won the Ti Nspire CX II CAS calculator, as well as a cash prize of HK\$1500 awarded by Dr. Thomas Wei Chung Hu, Assistant Professor of Engineering Education at Hong Kong University of Science and Technology and has offered internship to the team for their best programming skills in the competition.

Special acknowledgements are extended to Dr. Arthur Lee, Lecturer at Hong Kong University, Mr. Hilary Lai, Head of Mathematics (Junior) at Diocesan Boy's School, and Mr. Ben Fung (coding specialist, freelancer). Many thanks to Mr. Ludwig Leung, Marketing Manager of Goldwise Development at Texas Instruments.

Booktober Roundup 2020

By Michelle Roberts, Secondary Librarian Teacher

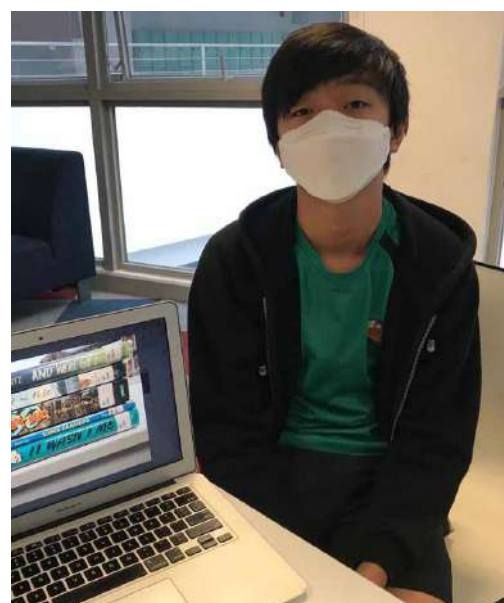
This Booktober, we didn't let Covid-19 get in the way of our opportunity to celebrate reading! We had several contests and activities at the LIRC for students to participate in.

First we had our Social Distance Author Challenge. Cardboard cutouts of famous authors were placed around the library to help students with social distancing. Then students were challenged to try to name all 10 authors! Many students enjoyed trying to identify these writers, and a variety of research tactics were employed. In the end Miffy Leung, Abby Wong and Lorraine Ng were our three winners.

In lieu of our typical college-wide peer reading buddies programme, we asked Secondary students to make a video of themselves reading their favorite picture book so that we can share it with Primary students.

We also had a Book Spine Poetry Contest where students needed to use the words printed on the spines of books to create a poem. We had several very creative submissions! Our winners were Year 10 student Alex Hwang, Year 9 students Saffron Law, Miffy Leung (two-time Booktober contest winner), Anastasia Yu and Year 8 students Lorraine Ng and Abby Wong.

Finally, we asked students to vote on Instagram for their favorite book-to-movie adaptation. The winner was R.J. Palacio's "Wonder," which we then watched in the LIRC at lunchtime.





World War II Veteran and Hero speaks to Years 7 and 9

By Elizabeth Ellis, RCHK Communications Manager

On Wednesday 18 November 2020, our lower Secondary students in Ms. Hannah Standing and Ms. Claudia Moes's English classes were treated to a very special visit from Mr. John T. Siewert, a US World War II veteran - 96 years young! Mr. Siewert discussed his experience going to war as a young man not much older than his audience members, with nothing to go on but the training the US Navy provided him - and how he quickly rose in the ranks to Quartermaster. He expressed the importance of "learning to live with each other" despite each other's shortcomings, and remaining open to all learning opportunities and experiences.

Head of English Mr. Graeme Brasher comments on the academic context of Mr. Siewert's visit:

"It was a powerful speech! The Year 7s have completed a unit on the Holocaust, so they had some familiarity with the conflict and made connections with the novels they had read, "Once" by Morris Gleitzman and "The Boy in the Striped Pyjamas" by John Boyne. Year 9 students have completed a memoir unit, which involved writing their own personal experiences. Ms. Moes (at the time of writing) will ask them to complete another brief writing exercise imagining themselves to be in one of the situations Mr. Siewert described."

Mr. Siewert is an international as well as a national hero, being the recipient of the Legion d'Honneur, the highest award given by France to a non-citizen for his service protecting the country during the Normandy landing. We were so thankful to have had him at RCHK to share his priceless experience and a lifetime of wisdom with us!



Year 4 goes on a virtual field trip to Hong Kong UNESCO Global Geopark this spring

By Nathan Pither, Year 4 Leader

Unfortunately the usual Year 4 EOTC trips were cancelled this year due to the current global situation, but that didn't stop this Year group's leader Nathan Pither! With his team, this spring he created a "virtual field trip" to Hong Kong UNESCO Global Geopark, complete with map location descriptions, big budget film quality drone footage, and even some fun bloopers at the end.

Read some of his students' feedback on the video (now in Year 5) and how they managed the Distance Learning that took place during much of Spring 2020.

"Distance learning was a bit hard because of the wifi problems. But the virtual field trip was really fun and interesting because of all the rock's that were made from a volcano. There were caves and signs about the park. We learnt about when the rock became hard after the volcano eruption. And about the erosion that waves caused by hitting the rock and it knocking bits of tiny pieces of rock off over a long time."

-Damien Chung

"Distance learning was quite weird being online but I still learnt quite a lot. This virtual field trip video helped me to learn about how the cave used to flood and cause erosion. I also learnt about man-made changes to the environment which was us adding all the dam walls. All those amazing hexagonal rocks were made by a volcano. So I could say it was all quite fun and very much a new unique experience. The online part was hard because I could not really load the video quickly. But other than that it was ok and I had fun."

- Lucas Chambers



Go on the tour yourself by scanning the QR code!



Effective Leaders Who Have Strengthened Their Communities



Connecting with Local and Global Leaders

By Tracy Wnek, Year 5 Leader

After settling into a different start to the school year and getting to know each other online, Year 5 began an inquiry into how shared responsibilities can strengthen communities. One of the great opportunities we had was to connect with different leaders and learn about their journey as they led different communities towards achieving shared goals. They shared personal information connected to who they are as a person, the skills they have used and developed as a leader, who and what inspired them, the steps they have taken to lead others, their successes and challenges.

We were able to successfully do this via Zoom and gathered a lot of data to support us in digging deeper into the qualities and traits of leaders, skills needed to be successful, how to make decisions while being open-minded and taking into consideration the perspective of different community members. Our hope is that we can use these new understandings and skills to guide us as student leaders at RCHK this year and also into the future.

Thank you to the following community leaders for sharing with us: **Jeff Rotmeyer** from Impact HK, who supports the homeless in HK through simple acts of kindness. **Pauline Cheung** from Hibiscus District Commissioner for the Hong Kong Girl Guides Association, who liaises between unit guides and upper level commissioners, and also serves on the division committee to collaborate on recruitment, training, and programming. **Johnny Ma** from Scouts, who supports the scouting movement as a scout leader and is currently helping the scout troops in RCHK. Our Principal **Dr. Harry Brown** for guiding teachers, parents and students. **Jason Prohaska and Alison Crosbie** from RCHK, who are House Directors, provide opportunities for us to engage in fun learning while connecting with others in our houses and across the school. **Marlo Mortel** from the Philippines, who is a singer, host, actor and social media influencer. **Ms Tina Lambert** from RCHK, who guides us with learning English language in engaging ways.

Secondary Black Kites Sports and PHE Update

By Nick Sherriff-Smith, Athletics Director and Lee Burns, Head of Physical Education

The Black Kites programme has unfortunately not been able to take place so far this year due to COVID 19 restrictions, however, students have been remaining active through “virtual” events, such as virtual cross-country competitions.

Whilst it could be expected to reflect upon the impact that the pandemic has had on the teaching and delivery of Physical and Health Education with negative connotations, the reality is somewhat different. Ramifications of our shared situation prompted the Secondary PHE Department into action to design and establish new curriculum content that has ensured the potential for learning remained accessible and strong. Our newly devised unit plans continue to engage and promote physical exercise to our student body whether it be in a virtual setting or through the more traditional method. Students commenced the academic year with an online unit named “The Me, I Strive to Be”. This unit consisted of knowledge and understanding of the components of fitness, recording and evaluating a range of universal fitness tests, identifying personal strengths and weaknesses and making individualised informed choices to maintain health and wellbeing. The trust in our teachers to demonstrate innovative approaches to inspire our students has been highly impressive and teacher-led physical fitness sessions received praise from students and parents alike. The most apparent and notable observation worthy of celebration did not derive from our teachers - in fact, it was from our students who have overwhelmed us with their levels of maturity, organisation and integrity to adhere to changes in their daily schedule and cope with the demands placed upon them from an inconsistent learning environment. It must also be acknowledged that the prevailing reason for this remarkable response is due to the unfathomable support from our parental body. The ability of all aspects of the Renaissance College community to adapt and support each other has been one of our greatest achievements. As we look forward, the PHE department will continue to ensure social distancing rules are strictly adhered to whilst simultaneously promoting the educational values of communication, leadership, collaboration, challenge and fun.

Over the last year, gradual renovations have taken place in the Secondary Gym with the aim of providing an improved experience and atmosphere for players and spectators of our Black Kites teams. The walls have been painted and padding replaced to match our team colours. They also now feature our logo in full prominence. The lighting has also been upgraded and new scoreboards have been installed. We await the delivery of portable spectator stands that will be brought out when hosting competitions and matches. With further improvements planned, we look forward to a return to sports as soon as it is safe and to encourage an increased volume of supporters for our teams.



Primary PE makes tracks during Foxtober!

By Sandra Gordon, Primary PE and Sports Coordinator

The RCHK Primary students have made a fantastic start to the 2020-21 academic year in Physical Education. Most recently during October all Year levels have been working together to raise awareness for the Terry Fox Foundation during "Foxtober"! The challenge was to complete as much continuous physical activity as possible within each lesson, with every 7 minutes of activity equating to 1 "kilometer".

Activities ranged from juggling soft "frogs" on balance beams, zooming around on sit down scooters, using the climbing wall and bouncing around a race track on a Space hopper. Seven stations were set up each lesson and the pupils were tasked with spending 1 minute at each before moving on. It was fantastic to see kids working together in socially distanced activities, encouraging each other and ultimately working towards a great cause.

From Year 1 to Year 6 great fun was had by all and all students showed great commitment to completing as many "activity kilometers" as possible. It was fantastic to see students get the opportunity to express themselves and most importantly have FUN within a sporting context. Long may it continue!



The Arts

Year 5 gets treated to a mini Chinese Orchestra performance!

By Jiali Luo, PYP Chinese Teacher and Lisa Fairey, Primary Music Teacher

Certified Chinese Musical Instrument Coaches Mr. Yuen Chun Kit and Ms. Lee Pui Lai paid a visit to our Year 5 students on Wednesday 11 November to demonstrate the performance of several traditional instruments. Among them were the Chinese Drum, the Gu Zheng, the Dulcimer, and the Er Hu, to name a few, as these are the instruments most commonly used in both orchestra or solo practice, and were also chosen to showcase a range of sounds and help children to explore their shapes and functions.

After the demonstrations, the song "Jasmine Flower" was performed as the students are currently learning it in their music class. As Hong Kong has a strong Chinese and British influence, students are learning a little about the cultures through the music, "Jasmine Flower" to represent the Chinese music and "Yellow Submarine" to represent British music. In addition, most students have heard popular western instruments such as the drums, keyboard, violin, etc, but many have never heard traditional Chinese instruments. We are focusing on the following questions: How can we explore sound? How do we explore sound? How do you prefer to explore sound?



Please scan the QR code to watch the concert!



Year 4 student recreates German historic battleship Bismarck and others at home during distance learning

By Kayden Hui, Year 4

Kayden Hui stayed busy while learning from home! Read in his own words how on his own time he was inspired to start upcycling materials around his home to make some truly amazing recreations of historic battleships.

"What I did during the pandemic is make handcrafts. First I read a book about Titanic. After that I searched for other vessels and try to find their blueprint. Furthermore I started to study the history of England and was attracted by their battleships because they are so cool. From there I was inspired to study about World War I and World War II. I think the history of battleships is like an art.

Finally I made my first handcraft Bismarck. Why I made it is because I want to play with it and have my own warship. Then I just cannot stop - I start to build my own collection then I made some more warships like Prinz Eugen, Deutschland, Graf Spee...etc.

During the time I studied about the warships, I found out all the vessels have their own story. Then I studied German history and I wanted my warship look more real - so I watched on YouTube video and then I used different materials to make such as straws, plastic bottles, lead and tube rollers - to make the turbines.

My favourite warship is Deutschland. I like it very much because it is my latest piece of art. I was very focused when I made it and thinking how the turbines turn more smoothly and I will test and modify it to try to make it better. I like Deutschland because it's turbines are powerful. It's really hard to make. My first ship Bismarck is not so balanced and I used a lot of materials to make it. When I made the second ship that took less material and better craftsmanship because I gained experience from the procedure."





Marking our Mark: Printmaking in Lower Primary Visual Art Room

By Susannah Psillides, Primary Visual Arts Teacher

Learning about who we are as artists and exploring what inspires us is the focus for the Lower Primary Art Room since we have returned to school. We are learning that we are all artists, regardless of our age and that the art room is our art studio.

We have learned that artists are inspired by one another and by experimenting and exploring with different art tools and techniques. In Year 2 we have been learning about printmaking, which is an artistic process based on the principle of transferring images from one surface onto another, most often paper or fabric. The printmaking process typically allows an artist to make multiple original works of art. In the process children try out lots of different techniques and observe its effect in action. They learn many different things beyond the art skills; these include problem solving, innovation, expression and language development.

In Year 2 we have begun to look at the basics of printmaking and exploring these new art tools as well as learning the new vocabulary that goes with the process of printing, including the names of different pieces of equipment. The students have learned that printmaking enables us to create a copy of our pictures.

The process has created much excitement as the copies of our drawings are revealed. Here are some thoughts and reflections from the students in Year 2 about their printmaking experiences.



"I enjoyed the drawing and the rolling for the printmaking. I learned that the glass is called a printing plate and that it's not normal paint to roll on the glass."

-Zane Pelham

"I liked rolling the paint and drawing on the paper. I learned how to draw a cactus and make a print of it."

-Jayden Ng

"I liked using the roller and the drawing. I learned that you have to stand up and press hard to roll the paint and put the paper down carefully onto the glass."

-Aimee Ng

"I liked using the roller and I learned that when you are drawing you cannot put your hand down on the paper because the drawing won't show up."

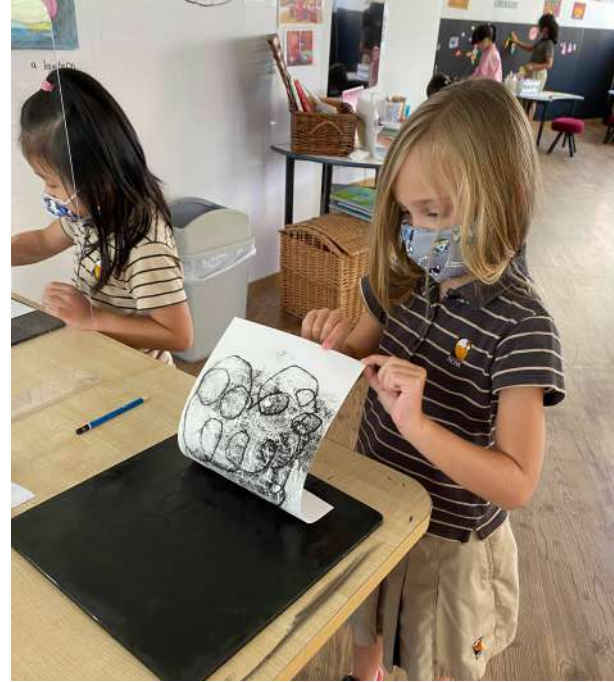
-Karis Li

"I enjoyed using the roller and I learned how to print by drawing on the paper and not squeezing the paper or it will all be black and you can't see the printing."

-Pak Sun Mak

"I liked printing because it was fun doing the drawing and it looks cool. I learned about the whole thing to do with printing."

-Travis Leung

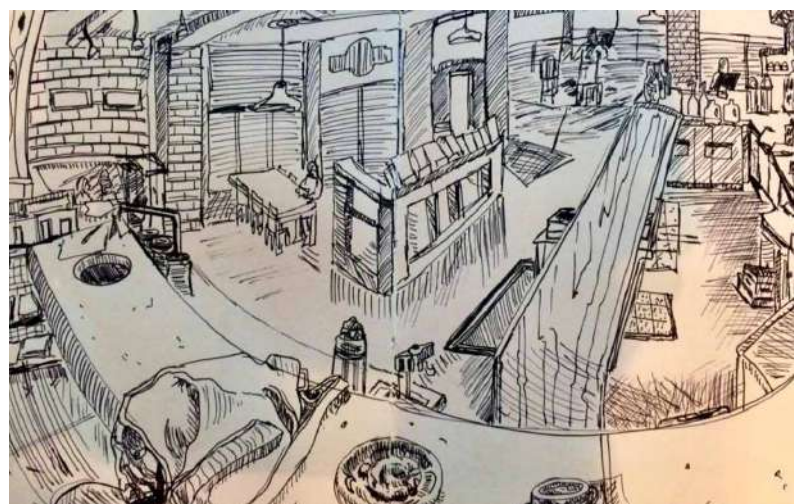
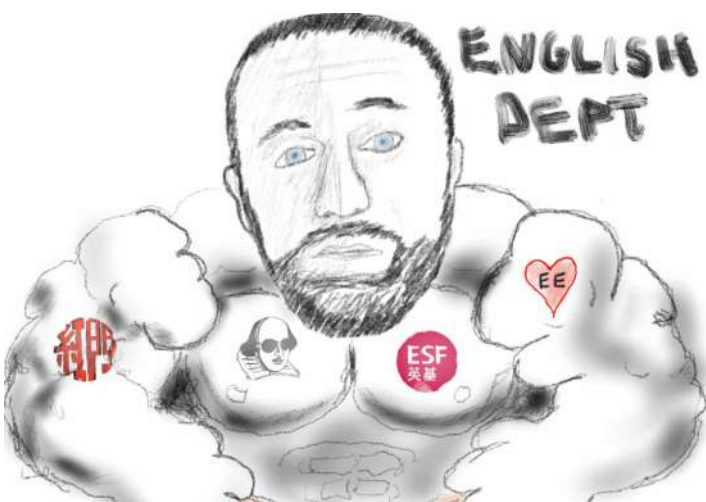






Secondary Art Gallery





The Arts

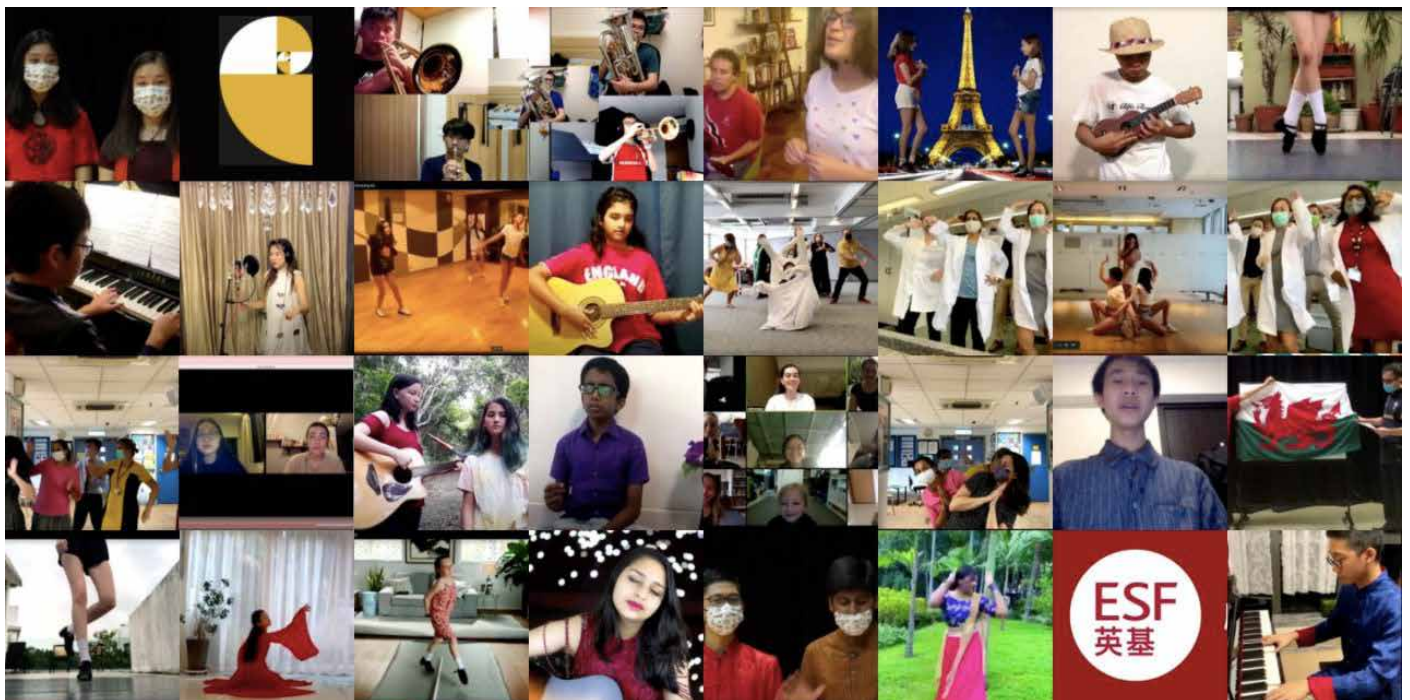
ESF-Wide Virtual International Evening raises HK\$25,000 for HK Unison

By Shobha Sanker, Math Teacher and Event Coordinator

RCHK's annual International Evening went online on the evening of Thursday 8 October 2020 with great success - more than 200 viewers tuned in to the programme via Livestream with 1249 clicks over the course of the evening! Everyone got involved - teachers, students, support staff and parents alike from across the ESF family with such eclectic performances as Irish step dancing, Taiwanese folk music and French pop rock! Even ESF CEO Belinda Greer popped in to say a few words.

Best of all, a grand total of HK\$25,000 was raised to go towards local NGO HK Unison, whose mission is to work towards supporting ethnic minorities city-wide with the ultimate goal of eliminating all forms of racial discrimination. These results would not have been possible without your support at every stage as this year's programme was a different experience for all of us!

You can relive every moment by scanning the QR code!





CONNECT

It may be
bon voyage -
but
it will never be
goodbye



Stay connected with
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network with
thousands of
former ESF students

Sign up today on
esfconnect.org

Alumni Feature Story



Help bring masks to New Haven health workers!

"Our communities are no longer defined within geographical boundaries"

RCHK donates 3,000 masks to Yale New Haven Hospital in an incredible international group effort

By Jamie Chan, Class of 2018

In March 2020, the first wave of COVID-19 spread across North America and sent medical supplies into a severe shortage. Suddenly, hospitals, local governments and medical institutions alike were competing for a shrinking stock of facemasks and other critical supplies, while residents stockpiled to appease their growing sense of urgency and apprehension towards the virus' threat. Located along the east coast of the United States, the city of New Haven Connecticut was among the hotspot areas hit by the initial outbreak. In an act of solidarity, RCHK donated 3,000 medical surgical face masks to the Yale New Haven Hospital - something made possible through an international network of well-meaning students, staff, parents and friends.

I am currently attending Yale, and upon returning to Hong Kong from New Haven after my campus shut down, Communications Manager at RCHK Elizabeth Ellis reached out with a proposal to send medical masks

to high-need areas in the US - New Haven being one of those places. I was eager to give back in whatever way I could to the city that had nurtured me for my past two years of university, so along with Pastor Kari Henkelmann-Keyl from the Yale Lutheran Student (LuMin) Community whom Elizabeth had known from a previous experience, we set out to work.

"I knew Pastor Kari from my time working for LuMin - previously known as Luther House - from 2005 to 2012," says Elizabeth. "I saw how dire things were becoming in the United States, and I thought to myself, 'We have all these supplies here in Hong Kong while people are scraping for them in my home country. Surely there is something we can do.'"

"When I heard from Elizabeth - my dear friend from half a globe away - that she was working on a plan to help us in our time of dire need, I was so happy

to come on board," says Kari. "I had been hearing from my colleagues at Yale New Haven Hospital how overwhelmed the health care workers were, so I knew how much good this would do. It gave me hope to imagine that our small campus ministry could partner with some thoughtful and generous people in Hong Kong to make a difference in this crisis."

With the support of Dr. Brown and RCHK Business Manager Mr. Samuel Hureau, as well as a very successful GoFundMe campaign launched by LuMin at Yale, we fundraised over HK\$6,700 to cover half of the masks' shipping costs, while the other half was covered by RCHK from the SP@RC fund. Within two weeks, 60 boxes (10 more than our original goal thanks to the generosity of our donors!) of surgical facemasks provided at-cost by RCHK parents Andy and Angella Yuen were on their way to the Yale New Haven Hospital, eight thousand miles away.

"We are super proud to be a member of the RCHK community and involved in the Yale mask donation," says Andy and Angella. "It is amazing how well our staff, students and alumni cooperated and organized so efficiently in this activity to help people in need at the other end of the world."

After the first spike in April, the number of cases in New Haven remained low and Connecticut's COVID-19 response has been one of the most effective in the US. A second spike began towards the end of October and in response the city has tightened their reopening protocols. Until there is an end in sight, all we can do is keep ourselves afloat and extend a helping hand to our neighbors and communities when it is needed. Though this collaboration may just be a small act of service amid a larger picture of evolving challenges, it serves as a reminder of the strength of RCHK's international community, which is rooted in Hong Kong, extends to countries around the world, and will continue to branch as RCHK grows in size and reach. As beneficiaries of this international network, let's remind ourselves that our communities are no longer defined within geographical boundaries, and that we can each do our part to keep each other healthy and resilient.

Editor's Note: Jamie's sister Casey, RCHK Class of 2016, was also involved in providing support and planning for this project and we are very grateful to her!





HONG KONG SCHOLARSHIP FOR EXCELLENCE AWARDEES

RCHK CLASS OF 2020



Nicole Lee

Stanford University
Bachelor of Science



Adrian Leung

Imperial College London
Master of Engineering
in Mechanical Engineering



Samantha Tsui

Parsons School of Design
- The New School
Bachelor of Fine Arts
in Fashion Design



Athena Yim

Imperial College London
Master of Engineering
in Computing

Hong Kong Scholarship for Excellence received by four RCHK Alumni

This year four of RCHK alumni from the class of 2020 have been selected as winners in the Hong Kong Scholarship for Excellence Scheme! This is a programme offered by the local government that provides full tuition to students studying abroad. Through the programme, outstanding students are offered an opportunity to pursue studies at world-renowned universities outside of Hong Kong. Awardees Athena Yim, Nicole Lee, Adrian Leung and Samantha Tsui are sharing their stories and a bit of advice to Secondary students currently willing to apply for the scheme.

Athena Yim

Imperial College London - Master of Engineering in Computing,
Class of 2020

It was truly an honor to receive this scholarship. My best advice for younger students is to be self aware - understanding yourself and your limits can help you make the most out of your time and study, and is a good trait to demonstrate in interviews or otherwise.

It is good to learn from other people, but always be confident in your own capabilities. Don't compare yourself to others, because everyone has something unique that makes them stand out. Finally, and most importantly, love yourself and take good care of yourself!



Nicole Lee

Stanford University - Bachelor of Science, Class of 2020

I am grateful for the support of the HKSES scholarship to pursue my studies at Stanford University, and especially thankful to my Further Education counsellors, particularly Ms. Martha DeVries and Ms. Joko Chan, for guiding me throughout the application process.

To current Year 13s, I understand how important it is to fund the next years of education. My advice for prospective HKSES applicants would be to demonstrate a vision for what you want to do with this opportunity. For example, I talked about why I believed that Hong Kong's society was diverse but not inclusive enough, and how the status quo could change if we had more entrepreneurial pursuits linking social innovation and technology. Moreover, I would advise demonstrating how an education at specific institutions will help

you grow yourself into an asset for Hong Kong; do they provide programmes in a niche area of interest, encourage cultural literacy, or open doors to industry?

Finally, I would recommend framing achievements as a glimpse into your future contribution. I was proud to talk with my interviewers about Lovables - toys that represent people with disabilities and physical differences - which my teammates and I designed, produced, and sold. As Hong Kong's JA Company of the Year and its delegation in the Asia-Pacific competition, we demonstrated that we could be positive representatives of the city. That being said, even mundane things could show your ambassadorship. When asked about how I would be an ambassador for Hong Kong overseas, the first thing I actually said was "bake pineapple buns and share them with my dormmates".

At the end of the day, you are seen as an investment; a seed that will bear fruits of positive change. What you need to show is: what are your fruits?

Adrian Leung

Imperial College London - Master of Engineering in Mechanical Engineering, Class of 2020

I wish to express my thankfulness to everyone in the RCHK family and Dr. Brown in particular who has kindly written his recommendation for me. Without all your guidance, I would not have been able to receive this scholarship. RCHK is my second home where I started my Primary Year 1 study; a place I would always feel proud of.

It is a great honour to be a recipient of the HKSES award as it signifies a recognition of achievement for my secondary studies, a good wrap up before the next stage. Frankly, I had little expectation to be successful in receiving it as I know it used to be a highly competitive one with so many good and qualified candidates every year. Receiving the scholarship therefore serves not only as a good surprise and reward for all my work during the past years but also a strong motivator for my challenging university years ahead. I am highly energised now to become a world class engineer to offer my contribution to the place I grew up.

If I can offer my advice to those who are interested in this scholarship, simply do your best in subjects you like and good at. While academic excellence is valued greatly by the panel interviewers, your passion in your future study and your determination to be successful are important considerations as well. The most direct way therefore is to follow your heart. In addition, I believe a well-rounded candidate is more preferred to a narrowly-focused academic.

So, if you feel you wish to try, go ahead. Like me, a surprise can be possible.



Samantha Tsui

Parsons School of Design - The New School
Bachelor of Fine Arts in Fashion Design, Class of 2020

When I received the offer for the scholarship, I was very shocked but elated at the same time. I didn't expect to receive the offer because most of the students who applied were academically competitive, studying subjects such as medicine, engineering, science and etc for university. One reason I received the scholarship was because I had a strong voice within my designs and a clear vision of how I wanted to pursue my career as a fashion designer. For my application, I demonstrated my participation in various services related to art and design. For example, some of the services I did were for the annual RCHK fashion shows Beleza and Trashion. This enabled me to show the panel that I was adaptable and flexible when designing with conventional and unconventional materials. Furthermore, the leadership role I took for these services demonstrated my ability to problem solve, cooperate with others, and network with local fashion brands. While being interviewed, I noticed most of their questions focused on the impact and future I saw for Hong Kong's fashion industry. I emphasised the importance of sustainability, and how designing for Trashion challenged me to integrate recycled materials within my own designs. Moreover, I addressed the current issues missing from Hong Kong's fashion industry in comparison to other countries, to demonstrate my global awareness and curiosity.



Mandy Leung

University of Bristol - BA in Music, Class of 2012

I have always been passionate about music. After graduating from RCHK in 2010, I moved to the UK to study A-levels, and was selected to perform Krommer's double clarinet concerto with the City of Belfast Youth Orchestra at the Ulster Hall. I then studied BA in Music at the University of Bristol, where I composed and conducted premieres of my pieces, and was immersed in playing with various ensembles, local orchestras and brass bands on percussion, clarinet, piano, saxophone and flute.

In my spare time, I did volunteer work in the department as well as at local art venues, which included being an orchestral manager, concert recorder, steward and front of house manager. When I was awarded the inaugural Victoria Prize for my contribution to the department, I was surprised because I did not expect to be acknowledged by my lecturers. My advice is to do a bit more for others when you can and do not look for anything in return. Sometimes people do notice!

After my BA, I returned to Hong Kong and founded Central Perc, a music studio at Tin Hau where I offered instrumental lessons. I also taught flute and percussion classes at Primary schools, organised fundraising concerts, and performed with amateur orchestras. However, after a few years of the same routine, I realised it was time for me to further develop my musical skills and was admitted to study MA Music (Composition) at Cardiff University in Wales.

This year for me was full of revelations: I expanded my teaching audience from individual and group classes to 60 pupils in a music workshop; my compositions were premiered by soloists, a student orchestra, and by professional musicians, such as players from the BBC National Orchestra of Wales; amidst COVID and lockdown, I was commissioned by Ty Cerdd and BBC NOW to compose 'Aurora' for Robert Plane, the principal clarinetist at BBC NOW, as part of the CoDI scheme. This piece has now been published and the recording is available on YouTube.

I am now about to embark on a PGCE course in Secondary Music as I am ready to become a classroom teacher and pass my knowledge on to the next generation. For me, the decision to become a teacher is through personal experiences and realisations from recent years, where I found out what I am truly capable of. If you are uncertain about your future and career right now, it is completely normal! Take your time and explore what you love and what you are passionate about. I did not decide to become a teacher 10 years ago so make sure you seize every opportunity and see where that takes you!

You will always gain something from every good or bad experience, be open-minded and confident in yourself when trying something new. If you do not find opportunities, create them yourself - I am currently organising and launching the first Alumni Orchestra with the University of Bristol, just because I want to play music with my friends again!

University may seem scary at first and it can be an overwhelming experience especially being away from home; make sure you take some time off from academic commitments, join a few societies to make some friends, and remember that you are not alone! If you are looking for advice on music education in the UK, personal statements and composition, feel free to contact me through centralpercmusic.com.



Scan the QR code to listen to 'Aurora' composed by Mandy commissioned Ty Cerdd and BBC NOW!



Scan to discover other compositions by Mandy Leung!



Ryan Law

Karlsruhe Institute of Technology - Mechanical Engineering, Class of 2019 (pictured far right)

Hello RCHK, I'm currently finishing my first year studying Mechanical Engineering (BSc) at the Karlsruhe Institute of Technology, which is located in Southwest Germany, roughly two hours by train from Frankfurt. Since our school usually doesn't have many graduates heading to Germany, I thought I might share my experience specifically in the German education system and some interesting aspects I've observed living in Germany so far.

Education

What's really cool about my programme is that it is fully offered in English, and that it is fully equivalent to the accreditation and fee structure of the German programme, meaning that we don't have to break the bank to pay for our education. This bachelor's program is designed to be completed in six semesters, which means that the courses and workload are more compact, and you're expected to devote a lot of time to studying for exams (which make up 100% of your final grade). At the same time, you have the option to plan your own course schedule, so you could also finish in 7 or 8 semesters. However, there are also exceptions as some courses have to be completed within a certain time frame (Orientation Exams) or you'll automatically be ex-matriculated. Most classes do not have a mandatory attendance requirement compared to other school systems, which is quite nice but really requires you to know yourself and how you work best.

The German Grading system is also quite interesting since it's completely different from the HK or US systems. I realised this one day when I called my mom after getting a good grade for one of my subjects, and she tried to convince me that I'll do better next time - I had received a 1.7 on an exam and the highest grade on the German Scale is a 1.0, while the passing grade is 4.0. So if any prospective students are reading this, just know that you can come to Germany and brag about how your GPA is a 4.0 and your friends back home would be none the wiser.

While clubs do exist in German Universities, they sometimes require a certain level of commitment. I joined the Hyperloop team earlier this year so check out @muzero_hyperloop for more info on what we're working on and what it's like. It is truly a different level compared to CAS projects and the depth of opportunity is much more rewarding. In my course, internships are usually completed towards the end of our third year, so I can't personally speak to those experiences - but I know a few people who have worked at Daimler, Porsche or Siemens, so good opportunities do exist.

Overall this is a pretty good school system for those that are self-driven or wish to challenge themselves academically; then you should take a look into the German Education System. But if you're not so sure about being able to live and study independently and would still enjoy a certain degree of "hand holding" then other places could be better suited for you.

Life & Leisure

I found Karlsruhe an extremely nice city for sports and traveling. I've biked to some beautiful cities over the weekend such as Heidelberg and Strasbourg, and the biking infrastructure is much more developed compared to Hong Kong and it's possible to go practically anywhere on a bike. The weather is really nice here being not too warm or cold and the best part is that it doesn't have absurdly high humidity as HK does. Winters are also quite mild with the option to conveniently travel to colder places such as Switzerland, Austria or other places in Germany for skiing. Life is definitely fun here and Europe really is a nice place to live in.

Advice/Comments!

With regards to what I found useful from DP in my current studies, I have found that Math HL has been the most important subject to master, specifically being comfortable with using calculus. But hard skills aside, I would say that IB has prepared me to be comfortable with not knowing and finding out on the way, especially when faced with a very complex problem and just refusing to give up is a soft skill that I would really recommend.

Also for current DP students or soon-to-be DP students, I have some advice that might seem almost laughable when you're going through it, but upon reflection found to be rewarding. CAS is actually very enjoyable, so use it to develop new interests and this open mindset to trying will be really helpful in the long run. Also TOK becomes a subject that bonds you to other IB graduates and you actually start to appreciate it later on, it really helps with asking the right questions and is a nice framework for clear thoughts. A further bit of advice I wish I gave my younger self is that grades are only as valuable as a means to an end, because at the end of the day it's the experiences that define your journey so just try to enjoy the time you have in high school because you'll never find the same experience again once you graduate.

If you're interested in what I wrote above or have any questions feel free to find me on Facebook and leave me a message!

Many thanks to our alumni who came to our annual London reunion in January 2020!



The Big Picture





